



FREE Osteoporosis Exercise Class

Project Healthy Bones

Every Thursday
9:30am - 11:00am
Ridgefield Community Center
725 Slocum Ave
Ridgefield, NJ 07657

Are you 50 + with or at risk with Osteoporosis?

Do you want to improve your strength, balance, & flexibility?

Do you want to learn more about Osteoporosis?

Project Healthy Bones is the class for you!

Registration is required // Must be Ridgefield resident to apply
Medical Release form required

To register and obtain all required forms please call
Ridgefield Health Department 201-943-6062.

Program starts 5/29/2014 between 9:30-11:00 am

Developed by The State of New Jersey
Office of Community Education and Wellness
Division of Aging and Community Services
Department of Health and Senior Services

